

# Things to Interest Our Woman Readers

## RICE AND HOMINY AS VEGETABLES

By CHRISTINE TERHUNE HERRICK

Why do we always make potatoes a standard dish on our tables? I have nothing to say against potatoes for those who like them. I am not going into the question of their nutritive value. Once I heard a well-known cooking lecturer asking one of her classes their reasons for their use of potatoes. "They are so wholesome," said one. "You are mistaken; they are not easy to digest," returned the lecturer. "They are very nourishing," volunteered another. "Not at all; seventy-five per cent, and eighteen per cent starch,"

me a quick response. A third editor started to speak. "What, after a better than a good baked potato?" she asked and the lecturer smiled. "If you are putting it on that ground, by all means have your potatoes," she said.

While I do not go as far as that, I do sometimes wonder if it is a mistaken notion of their digestibility or nutritive value which makes them so inevitable a dish at one, two, sometimes three meals a day. For myself, I do not care especially for potatoes. In some forms they please me, but as a matter of personal choice I would almost always prefer rice, or hominy or else macaroni. There must be others who feel as I do, and yet how seldom we see any of these in comparison with plain mashed or boiled potatoes. A woman from the Middle West told me the other day that she was forty years old before she had ever seen rice eaten as a vegetable, and then it was at my table.

In the hope of inducing others to prove the excellence of some of my favorite ways of preparing rice and hominy I have given the following recipes. Won't you try them for yourself and tell me how they please you and your family?

### Plain Boiled Rice.

Wash a cupful of rice in two waters. Put it on the fire in a pot containing at the least two quarts of water at a galloping boil. More water is better than less. Allow a teaspoonful of salt for each quart of water. Keep up the vehement boil and do not stir the rice. Cook fifteen minutes, take out a few of the grains on a spoon and test them to see if they are tender. If not, let them cook five minutes longer.

Drain off the water—which may be used as a soup—turn the rice into a colander, cover it with a cloth and set it over hot water or at the back of the stove or in the open oven to dry off for a few minutes before putting it into a heated dish and sending it to table.

Eat with butter or gravy as you would potatoes. Rice cooked in this way is a very different thing from the soggy paste which is usually offered to you as boiled rice. No wonder you

prefer potatoes if you have always seen it in this state.

### Boiled Rice with Cheese Sauce.

Boil rice as directed above. While it is drying off cook together a tablespoonful each of butter and flour until they bubble, add a cupful of milk and stir until thick and smooth; then put in two heaping tablespoonfuls of grated cheese and cook until this melts. Salt and pepper to taste, pour the sauce over the rice, lifting it with a fork that the dressing may penetrate it, and serve.

### Rice With Tomato Sauce.

Stew half a sliced onion in a half pint of tomato liquor, strained from sieved or canned tomatoes. Let the onion simmer in the tomato for fifteen minutes, take it out, cook a tablespoonful each of butter and flour together as directed in the preceding recipe and make a tomato sauce as you did the other, using the tomato liquor instead of the milk. If the tomato is tart, as it usually is, add a teaspoonful of white sugar at the same time as the salt and pepper and pour the sauce over rice boiled plain, as instructed to do with the cheese sauce in the recipe for that dish.

### Spanish Rice.

Boil rice as directed. While it is cooking fry a sliced onion in a tablespoonful of good dripping and put with this two green peppers which have been seeded and diced. Cook five minutes and add a full cupful of stewed or canned tomatoes to which you have put a tablespoonful, even, of white sugar. Butter a bake dish, put in a layer of the boiled rice, one of the tomato, onion and pepper mixture, another of the rice and another of the tomato, etc. Season each layer with salt and pepper at discretion and moisten all with a cupful of weak broth, or if you have not this, of well seasoned tomato liquor. Sprinkle a few bread crumbs on the top—a very few—and put a little butter here and there, cover and bake for half an hour, uncover and brown.

This is a substantial, nourishing and appetizing dish. Try it once and if it has been properly made it will become a standby on your table. When it is served with a dish of cold meat it is a meal in itself.

### Buttered Rice.

Fry a sliced onion in a couple of tablespoonfuls of butter or of chicken dripping, put with this half a green pepper seeded and chopped and fry until tender. This should not take more than five minutes. Add a little salt and pepper and pour the sauce over plain boiled rice.

### Plain Rice and Cheese.

Boil rice as directed in the first recipe given. At the end of fifteen minutes of boiling drain off nearly all the water and put with what is left a large tablespoonful of butter. This

should be absorbed at the end of five minutes. Have ready three tablespoonfuls of grated cheese, stir it into the rice very lightly, with a fork, taking pains not to break or pack the grains, leave it in the oven for three minutes, turn into a very hot dish and send to table.

### Rice Croquettes.

Beat a well whipped egg, a teaspoonful of melted butter into two cupfuls of cold boiled rice and make it into cones or ovals with the hands, dipping these first into flour. Roll your croquettes in raw egg beaten up with a little water, then in crumbs and put them aside in a cool place for an hour before cooking. Fry in deep fat to a golden brown.

### Rice Cones.

Mix as directed for croquettes and shape with the hands into cones, but instead of crumbing them, lay them side by side in a dripping pan and bake them covered for fifteen minutes, uncover and brown. These are very good with cheese or tomato sauce poured around them.

### Boiled Hominy.

Soak the small hominy for an hour or so, put it in a double boiler with enough cold water to cover it and boil it for an hour, stirring up frequently from the bottom. Stir in a teaspoonful of salt and a large tablespoonful of butter. Until you have eaten this as a vegetable with meat—especially with poultry—you don't know how good it is. The young people will relish it with gravy, but the elders will find butter, salt and pepper satisfactory accompaniments.

### Fried Hominy.

Cook hominy as directed above and let it get cold in a deep dish with straight sides. Cut it into thin slices then dip each slice in flour and fry brown in shallow fat. Do not let it soak up in grease, but transfer quickly from the pan to a hot dish.

### Hominy Fritters.

Put a tablespoonful of melted butter into two cupfuls of boiled hominy, add two well beaten eggs and a cupful of milk and half a cupful of flour, sifted with a teaspoonful of salt and a half teaspoonful of baking powder. If the mixture seems too thin, a little more flour may be added. Drop by the spoonful into deep fat or upon a soapstone griddle.

### Hominy Souffle.

Mix two cups of milk with one of cold boiled hominy, a tablespoonful of melted butter and one of sugar. Beat smooth, add a teaspoonful of salt and four eggs, beaten very light. Turn into a well-greased bake dish, put in a steady oven, bake for about half an hour and serve at once. This is a delicious vegetable, but it will fall and grow heavy if not eaten soon after it is cooked.



BEFORE AND AFTER MARRIAGE.

"Before marriage," says a prominent English writer, "the shape, the figure, the complexion carry all before them; after marriage, the mind and the character unexpectedly claim their share of consideration, and that the largest."

It's very true, yet it shows how inconsiderate we are, what illogical reasoners! For when the shape, the figure, and the complexion are such as to arouse attention, the mind and character are often a minus quantity. And when the mind is all that it ought to be, the figure isn't worth mentioning.

The girl who makes the successful wife is the one, who realizing that before marriage it is the complexion that counts, pays careful court to the beauty specialist, and takes great pains to conceal the fact that she has brains. Then after marriage, though she does not neglect her complexion, she brings forth the charm of her mind to entertain and delight her admiring husband. Of course, he gives her no credit for having been astute. He simply complacently pats himself on the back for knowing a good thing when he sees it.

But women such as this are unusual, and since brains and beauty are conceded to be a rather rare combination, the wise man will be he who decides beforehand which will give the most satisfaction on the matrimonial voyage—a peachy skin or interesting companionship, a mate to look at, or one to talk to; and then having decided, to be satisfied with his choice. But it is most unwise to choose the figure and complexion, and then expect mind and character.

Yet a large per cent of marriages

are made on this basis. A man sees nothing, knows nothing, but a dimple, a trick of smiling, the wave of the hair about a tiny ear. A girl's whole world is summed up in a pair of broad shoulders, or a certain deference in manner. All other considerations are lost in what may be called this physical attraction. Little annoying habits are glossed over. It is hopefully believed that marriage is a magician to remedy all these.

But alas, it is just the other way about. Familiarity dulls the charm of the complexion and the figure. Frequently the actual complexion and figure disappear. And that which we have banked on is altogether gone. The faults that seemed of little consequence now fill the whole horizon. Or we look for those beauties of mind and character which somehow subconsciously we thought were there, to discover too late that they are lacking.

But if it is mind and character we want, and after all, with most of us, these are the lasting and the real joy-giving things of married life, we had better look for them before marriage, if we hope to find them afterward. As has been said, it is the rare man or woman who combines beauty and brains, it is the unusual girl who attracts with her beauty before marriage, and charms with her mind afterward. Divorce court annals prove that what this English writer says is true. So that if we wish to insure happiness in our marriage, as nearly as an uncertainty can be assured, it would be well for us to turn the critical after-marriage eye upon the one who is holding us in the before marriage thrall.

BARBARA BOYD.

while the others are most frequently found in clusters about the stumps of trees and in damp shady places. Mushrooms impart a subtle flavor and a richness to soups and stews, and they are invaluable as entrees.

Below are a few recipes, which I am sure will, if tried, be thoroughly appreciated.

### Mushroom Timbales.

Mushroom timbales form a delicious entree and are also suitable for breakfast. For these we require six ounces of mushrooms, two ounces of tomatoes or cooked beets, three ounces of bread-crumbs, one heaping tablespoonful of butter, one egg, the juice of half a lemon, and a little stock, mushroom liquor, or milk. Beat the butter to a cream, add the yolk of the egg and beat a little longer. Chop up the mushrooms and tomato and add them, also the bread-crumbs and enough stock or milk to moisten the whole. Season to taste. Whip up the whole till quite stiff, then mix in very lightly. Fill the mixture into small buttered cups or molds, which might be decorated with tiny strips of beets or French beans—and steam very gently for one hour. Turn out carefully and serve with tomato sauce.

### Mushroom Toast.

Mushroom toast is one of the nicest breakfast or luncheon dishes that can be imagined. Choose medium sized mushrooms that have opened well, take out the stalks and peel the tops very thinly. Fry them rather slowly in butter, the under side uppermost; it is not necessary to turn them white in the pan. Have ready some slices of hot buttered toast, on which place the mushrooms as soon as they are done; pour a little brown stock or cream, whichever is preferred, into the pan; stir over the fire for a minute; flavor with a few drops of lemon juice; season with salt and a little red pepper; pour one teaspoonful over each mushroom and send to the table "piping hot."

### Grilled Mushrooms.

Grilled mushrooms can be prepared from the larger mushrooms, those flat specimens, about the size of a small saucer.

Remove the stalks and peel carefully; spread the inner side liberally with butter; dust with salt and pepper; place on a grill over a very clear fire and cook slowly until they are soft all through. They may be served on a very hot dish, which should not be uncovered until its contents are to be served. Some epicures like a few drops of anchovy sauce on each mushroom, others prefer a flavoring of red pepper and lemon juice, but in my opinion, a well grilled, mushroom which is slowly

## SOME GOOD THINGS

### Veal Potpie.

A piece from the shoulder is cheap and good for this purpose. Wash and dredge well with salt, pepper and flour. Try out a little suet in the bottom of a stew kettle (the kind known as a Scotch kettle is the best for this) or put in a couple of tablespoonfuls of butter. When hot put in the meat and let it brown on both sides, turning carefully. As soon as browned cover with boiling water and simmer for two hours or until thoroughly tender. Sift together a level teaspoonful of baking powder, a half-teaspoonful sugar and a quarter teaspoonful of salt. Add a half cup of milk, mix quickly and drop the batter in large spoonfuls on the meat. Be careful not to let them fall in the gravy, which makes them soggy. Cover closely, weighting the lid down with something heavy, and boil steadily for ten minutes. Arrange in a boiler about a hot platter, take up the meat and set in the center, thicken the gravy with a little flour and strain over the meat, then serve.

### Hungarian Goulash en Casserole.

Slice a peeled onion and cook until brown in three tablespoonfuls of vegetable oil. Take out the onion and turn in a pound and a half of lean, uncooked veal cut in inch cubes. Stir and cook the meat until slightly brown, then, pouring off oil, if there be any in the pan, arrange the meat in a casserole. Add about a pint of boiling water and a teaspoonful of paprika. Cover the dish and set to cook in the oven. In the meantime add more oil to the frying pan and when hot brown in it about a dozen balls cut from pared potatoes and a dozen small onions. When the onions are well browned add them to the casserole, and after the meat has been cooking an hour add a teaspoonful salt, the potatoes, and, if desired two tablespoonfuls flour mixed to a thin paste with cold water. Let cook in all about two hours. Serve from the casserole.

### Molasses Coffee Cake.

Then right here let me give you a recipe for a fruit cake or gingerbread with fruit as you may elect to call it. Cream together one cupful sugar and three-fourths cup butter. Add one cupful black molasses, one cupful strong coffee with a teaspoonful soda dissolved in it, four beaten eggs, one teaspoonful each cinnamon and nutmeg, three-fourths teaspoonful cloves, one-half pound shredded citron and three cupfuls sifted flour. Do not beat longer than necessary. Bake it in slow oven.

J. P. Morgan & Co. has just purchased the Winnipeg Electric Railway in Canada at a cost of \$30,000,000.

Fish and Mashed Potatoes en Casserole.

This is a particularly good way to

use up remnants of white fish of any kind. Free the fish from skin and bone, then with a fork break into flakes, and season with salt and pepper. Make a cream sauce by boiling a pint of milk with one small onion, sliced. When the milk has scalded well remove the onion and use the milk to reduce a tablespoonful each flour and butter that have been blended in a small saucepan. Stir until smooth and thickened, then season with salt and a little cayenne or paprika. Line a casserole with a thin layer of mashed potato—a leftover—and put the fish in the dish. Pour the sauce over the dish, cover with buttered crumbs and bake about twenty minutes in a moderate oven.

### Fricassee of Lamb With Baked Dumplings.

Cut up enough cold lamb to make a quart of meat. Season with salt and pepper, put in a casserole and pour over it a sauce made as follows: Melt a tablespoonful butter in a frying pan and add a tablespoonful flour. Cook until brown, then pour in a scant pint water. When it boils up season with salt and pepper and pour over the meat. Set the casserole in the oven while you make the dumplings. Sift together one pint unsifted flour, one-half teaspoonful salt, one teaspoonful sugar and a teaspoonful and a half baking powder. Rub in lightly with the tips of the fingers one-half tablespoonful butter, then wet with a scant cup milk. Roll out and cut in very small biscuits, place on the meat, bake twelve or fifteen minutes until a rich brown crust has formed and serve at once.

EMMA PADDOCK TELFORD.

### A TASTY DISH.

When the usual fried, boiled and scrambled eggs have become tiresome try this for a simple breakfast or luncheon dish. It is easy to make, pleasing to both eye and taste. Put a small piece of butter on a little earthenware ramekin; allow it to melt, then add the crumbs from a slice of either fresh or stale bread well moistened with a couple of tablespoonfuls of milk, and either one or two eggs slightly beaten. Stir all the ingredients for a moment, then sprinkle over the top from one to two tablespoonfuls of grated cheese. Bake in a slow oven. As soon as the mixture begins to puff up and slightly brown, remove from the fire and serve in the ramekin at once. The ramekins either with or without lids can be purchased for a very reasonable sum and will be found most convenient for individual dishes of this description.

## THE GIRL HE WOULDN'T MARRY

I was sitting in the cozy room looking into the cheerful glare of the fire when Cupid walked in, sat down on the red velvet rug right before me, bent up his little fat knees and twined his fat fingers around them.

"You still are mad," he said, "tossing his toes in consummate delight of a debate with me."

"Yes, I am," throwing the wilted violets at him. "And, say, Cupid, I never have told you the exact reason. It comes right in line, too, with your own work."

This interested him, so he sat very quiet, pulling the heads off of each violet and biting the stem of one unusually long one. "Are you before the limelight of life's stage as a new star, or is it the other girl?" he queried.

"It is this way," pulling a pudgy letter from a big envelope. "I shall read just what he says: 'Saturday night I was conversing with a Southern gentleman, and during our talk he said that he would never, never marry a girl who had worked in the city.'"

"Let me talk," said Cupid, getting up and climbing on the corner of the mission table, where he sat gracefully on the edge of the silver bonbon dish. "A man who is that ignorant, unfeeling, or both. He must speak from experience if he is trying to be honest, under which circumstances he is practicing in private what he condemns in public. I have a list of those men. The South, I know, is worse than any other place in God's beautiful country for courtesy, cracks and shivvies. I can hit a heart down there at any time by simply rattling a piece of silk that sounds like a silk-an petticoat. But he is hard to hold! Why, I have had to go over and over my list to get the right girl and some-

times I slip into the church—oh, Girl, I love to go to church and walk up and down the aisle and peep at those good girls who go to church every Sunday, carrying their Bibles under their arms, praying aloud and singing tunelessly like a mockingbird in the moonlight. You know a girl of that kind is good, that is good-as a girl goes; but as true as I am a naked little sinner myself I have selected a few who made notorious wives."

Cupid sighed heavily. "I had a bad case down in Florida last winter. I had a typical Southern gentleman. He knew what he wanted and no amount of cajoling had any effect upon that leather bellows of a heart of his. I actually wanted him to marry. Why shouldn't he? Rich, good-looking, plenty of money and a mighty fine home, should he remain single? I canvassed the South; I took in Europe; I visited several fashionable resorts—he went, too—and then one day when he felt that his heart was only a harbor for woe, and he had studied everything feminine from coast to coast and then some, I took him right up to a girl who had worked in the city. He actually stepped in as if the road were filthy."

"Tell you about her? Sure. She was little, very ladylike and refined. She was what I call pretty, but he did not think so. I had hovered around that girl in the lonely watches of her room I used to sit in there while she did extra work, and I have seen her take some of her money and send it home."

At times she gave more money to deserving poor and I never heard her tell a word about it. She worked like a galley slave and sometimes cried herself to sleep when the boss had been cross all day. I asked her why she did not go home, and she just put

her little hand over her mouth and her eyes filled with tears. She was too poor to go to her humble home. At times she had big opportunities to go out with the 'bunch,' but she never did; there were occasions when she was invited to card parties and beer drinking in the next room, and she steered clear from the snags. I saw her down and almost out one night, and I shuddered, thinking my little pearl was lost in the great whirlpool. She rose out of it! She continued in her own good way and that man learned it all—oh, Girl, write that man that his friend in a fool, a great big—but you know I dare not swear."

And Cupid was gone with the only fresh violet.

## HOW TO COOK MUSHROOMS

Mushrooms are treasures in the hands of inventive cooks, who recognize that they afford possibilities beyond the delicious butter-basted grill or cunning mixture with kidneys or chicken.

It is not easy to describe the distinguishing features of the poisonous and non-poisonous sorts. The true mushrooms gives off a fresh, pleasant odor, has the gills underneath of a pink flesh color, changing to dark brown or blackish, as they stand, while the outer skins are dry and white, resembling buckskin. The flesh between the peel and the gills is also white.

The poisonous fungi on the other hand, give off an offensive smell, are orange or red color, changing to bluish when dry; the top skin is scaly and spotted, while the whole surface is moist and clammy.

Lastly, the edible sorts, as a rule, grow singly in open pasture lands,

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